



RULES, REGULATIONS, AND RESPONSIBILITIES OF A

SANTA BARBARA JUNIOR LIFEGUARD

(Parents and Junior Lifeguards must read this document together)

1. For the safety and success of all Junior Lifeguards it is crucial that all orders from Instructors, Lifeguards, Aquatics Staff, and Emergency Services Personnel be obeyed immediately.
2. All Junior Lifeguards must report on time to class each day wearing a program T-shirt, hat, and solid red swimsuit. Swimsuits must allow for frequent and strenuous exercise (i.e. no bikinis for girls or over-sized shorts for boys.) Shorts must be at least one inch above the knees. Failure to be in proper uniform may result in dismissal from regular activities for that day. Swimsuits and shorts can be purchased at any local sporting goods store; however, we have had great success using Channel Islands Surfboards -
 - Channel Islands – 36 Anacapa Street (*20% discount if you mention you are with S.B Jr. Guards*)
 - Goleta Sports – 5738 Calle Real (*large selection of men's & women's swim suits and trunks*)
 - Sundance Beach – Camino Real Shopping center (*10% discount*)
3. Absence from the program and reporting late to class will only be excused with a written note from parents/guardians. Due to limited morning staff at the Bathhouse Office, the calling-in of excuses is restricted to legitimate emergency situations only. Reporting late or returning from an absence without a written excuse may result in dismissal from regular program activities for that day.
4. Requests by Junior Lifeguards to be dismissed early from class, or to be excused from a particular program activity, will only be granted with a written explanation from parents/guardians, unless an emergency occurs.
5. Lectures and instructions provide important safety information for program



participants, therefore full attention must be given at all times in order to avoid possible injury to oneself or other Junior Lifeguards.

6. All Junior Lifeguards must wear/bring sunblock (waterproof SPF 15 or above) and a hat or visor to class each day. Time will be provided to reapply sunblock during program hours. (NOTE: sunblock adheres best to cool skin; therefore we encourage the application of sunblock in the morning before dressing.) A towel and extra clothing to protect against the sun and cool temperatures are also recommended. Rash guards used to protect against sun damage are allowed as long as they do not interfere with daily activities.
7. The Bathhouse Office and Equipment Room are off limits to Junior Lifeguards unless accompanied by an Instructor or Lifeguard. Junior Lifeguards are not allowed to use the office telephones unless accompanied by an Instructor. The use of outdoor public telephones is not allowed during program hours without permission from an Instructor. Junior Lifeguards may not use the Bathhouse facilities (locker rooms, indoor showers). Outdoor (cold) showers are available to Junior Lifeguards after program hours.
8. Wetsuits are prohibited during normal program activities, with the exception of surf trips and island trips.
9. Junior Lifeguards are not allowed on the premises of the East Beach Grill for any reason during program hours.
10. Junior Lifeguards are advised to bring water and a light lunch, as physical training activities will often immediately follow lunch-time.
11. All Junior Lifeguard equipment must be handled properly and with care as directed by the Instructors. Intentional misuse of equipment is potentially dangerous and will result in disciplinary action.
12. All Junior Lifeguards must assist in daily clean up of training and meeting areas.
13. The following actions and behavior are clearly not representative of a Santa Barbara Junior Lifeguard, and will result in possible dismissal from the program:
 - The throwing of sand, rocks, sticks, or other objects found in the sand/ocean.



- Stealing or handling of personal items belonging to another Junior Lifeguard, or any other person, without that person's permission.
 - Physically attacking or using profane language/gestures toward another Junior Lifeguard, Instructor, Lifeguard, Aquatics Staff Member, or member of the public.
14. In order to maintain the outstanding reputation that Santa Barbara Junior Lifeguards have earned within the community, all Junior Lifeguards must display courtesy to all persons with whom they come in contact, particularly while in uniform.
15. Violations of any of the above rules and regulations will result in disciplinary action in one or more of the following forms:
- Verbal reprimand.
 - Temporary dismissal from a regular program activity in order to engage in an alternative training activity as directed by the instructor.
 - Parent conference.
 - Suspension from the program.
 - Dismissal from the program.